

Thank you so much for gifting yourself this beautiful hand-crafted Cambodian ceremonial cacao. Here's my favourite recipe for you and a picture of me at the farm in Mondulkiri :).

# KIM'S DAILY CACAO

## Ingredients

1 cup crystal-infused water or favourite plant milk  
20-35g favourite Cacao  
Pinch of (Celtic) sea salt  
Pinch of ground cayenne  
Pinch of ground cinnamon  
Slice of fresh turmeric root (option)  
Seeds of one- two pods of green cardamom  
Lavender, rose or adaptogen mushrooms (optional)

## Recipe

- 1 Clear your physical and energetic space and take a few deep breaths. Allow an intention for the sacredness of this ceremony to arise. Blow this intention into the bottom of your Cacao mug.
- 2 Measure 1 cup of high quality spring or purified (crystal-infused) water (~150 to 200ml) or plant milk and place into the saucepan.
- 3 Weigh your Cacao. Combine with the water or plant milk, add all spices, seeds, flowers and adaptogens of your choice and bring to simmer in the saucepan, approx 70-80 degrees Celsius (just before boiling).
- 4 Alternate pouring your Cacao drink back and forth between the saucepan and cup until deliciously frothy. You can also use a whisk or blender for this step, though pouring is more traditional.
- 5 Pour the Cacao in your cup and keep at the desired temperature. Decorate with any additional spices, herbs or flowers as you wish for a more customised, unique experience. Enjoy your Cacao with an open heart and mind!
- 6 Put a few sips aside to offer back to Mama Gaia as a token of your gratitude. Pour this Cacao directly into the Earth or offer it to your favourite tree or (house) plant.

